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Effectiveness of Homoeopathic Medicines in Treatment of Osteoporosis in Post Menopausal Age- A Case Report

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ABSTRACT

Background: Osteoporosis is a common condition in postmenopausal women due to oestrogen deficiency, leading to decreased bone density and increased fracture risk. Conventional treatment often involves hormone replacement therapy and calcium supplementation, which may have side effects. This case report demonstrates the role of individualized homoeopathic treatment in managing osteoporosis effectively.

Case summary: A 56-year-old postmenopausal woman presented with generalized bone pain, easy fatigability, and reduced mobility. Her DEXA scan showed significant reduction in bone mineral density (T-score: –2.8). After thorough case-taking, individualized homoeopathic treatment was administered. Over a period of one year, the patient showed remarkable clinical improvement with improved DEXA score (T-score: –1.9) and better quality of life.

Keywords: *Osteoporosis, Postmenopausal, Homoeopathy, Case Report, Bone Mineral Density, Individualized Treatment*

1. INTRODUCTION

Osteoporosis is a systemic skeletal disorder characterized by decreased bone mass and deterioration of bone tissue, primarily affecting postmenopausal women due to hormonal changes. It significantly increases the risk of fractures, impairing the quality of life. While conventional treatments are available, they often come with side effects or limited long-term efficacy. Homoeopathy, based on the principle of individualization and symptom similarity, offers a holistic, side-effect-free alternative. This report presents a case where homoeopathy was successfully employed in treating postmenopausal osteoporosis.

Case Presentation-

Patient Information

- Age: 56 years
- Sex: Female

- Occupation: school teacher
- Marital Status: Married
- Menopause: Attained at age 50

Chief Complaints

- Persistent backache and generalized body pains for 2 years
- Fatigue and difficulty in prolonged standing
- Height loss of approximately 2 cm over 3 years

Medical History

- No history of fractures
- No comorbid conditions (e.g., diabetes, hypertension)
- No hormone replacement therapy taken post-menopauses

Family History

- Mother had osteoporosis-related hip fracture at age 72

Personal History

- Vegetarian, poor calcium intake
- Sedentary lifestyle, low sun exposure
- Sleep disturbed due to pain

No addictions

Clinical Examination and Investigation

- **General Exam**: Thin build, mild kyphosis, tenderness over lower back
- **DEXA Scan**:
    - Lumbar spine T-score: –2.8 (osteoporosis)
    - Femoral neck T-score: –2.5
- **Vitamin D3**: 18 ng/mL (deficient)
- **Other Labs**: Normal calcium, phosphate, and thyroid levels

Therapeutic intervention-After individualization, the constitutional remedy **Calcarea phosphorica 200C** was selected based on the totality of symptoms: thin body habitus, delayed healing, bone pains worse in cold weather, desire for salty food, and irritability.

Prescription Plan:

- **Calcarea phosphorica 200C**, one dose weekly for 3 months
- **Supplementary**: Advice on calcium-rich diet and 20 min/day sun exposure
- No conventional medicines or supplements given

Follow-up and Outcome

Follow-up	Subjective Improvement	DEXA Score	Remarks
3 months	Marked reduction in pain, improved sleep	Not repeated	No side effects
6 months	Further improvement in mobility, started mild yoga	Not repeated	Continue same remedy
12 months	Almost symptom-free, resumed walking 3 km/day	Lumbar T-score: –1.9	Significant BMD improvement

2. DISCUSSION

This case demonstrates how a well-selected homoeopathic remedy, tailored to the individual's physical and mental constitution, can stimulate the healing process in chronic conditions like osteoporosis. Calcareaphosphorica is a known remedy for deficient bone development and is indicated in cases of slow recovery from fractures and weak bones. The improvement in BMD along with symptomatic relief suggests a potential role of homoeopathy in bone health management.

Scientific studies also point toward the ability of potentized remedies to influence biological processes at the cellular level, including bone metabolism. However, more systematic studies and trials are needed to substantiate these effects.

3. CONCLUSION

This case highlights the potential of individualized homoeopathic therapy in managing osteoporosis in postmenopausal women, warranting further research and integration into clinical practice.

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